



Survival
Evasion
Resistance
Escape



DETACHMENT NORTH ISLAND

REQUIRED ITEMS FOR ALL STUDENTS

ITEM	NOTES
Military-style issued boots (1 pair)	Well fitted, broken in, and non-steel toe recommended.
Eyeglasses	No contact lenses in the field portion and no glass cases.
2 Pair of underwear	Dark color / modest
2 Short Sleeve Cotton T-Shirts	Green, Brown, Tan, or Blue
2 Pair of Socks (recommend wool for all seasons)	Recommend wool for all seasons to keep feet dry
Military Identification Card	
Service Record	Permanent change of station personnel only.
Medical and Dental Records	Hand carry.
Watch	Inexpensive.
Flashlight or Headlamp	Red lens capable w/ new batteries – no extras.
Duct Tape	2-3 wraps around each issued canteen
1 Pencil	Wooden non-mechanical w/ eraser.
1 3"x5" Index Card	
1 Camouflage Paint	Compaq w/ mirror in case – no tubes.

ADDITONAL REQUIRED ITEMS FOR FEMALE STUDENTS

ITEM	NOTES
Sports Bra	Quick drying and dark colors
Feminine Hygiene Supplies	Tampons/pads
Oral contraceptives (if applicable)	One pack.
1 Gallon Ziploc Bags (six)	
1 pack of Wet Wipes	Cannot share with any other student

RECOMMENDED ITEMS

ITEM	NOTES
Luminescent Compass	
Belt	
Watch Cap, Ski Mask, or Balaclava	Recommend coyote – think tactical; black is auth.
Knife/Multi-tool	
Gloves	Leather, cold weather, mechanics.
Sunglasses	Inexpensive and no carry cases.
Toothbrush	No toothpaste or toothbrush holder.
Chapstick	
Sun block	Tube or pump only – No aerosol.
Safety Goggles w/ anti-fog spray applied	Do not bring anti-fog spray to the field.

******* WARNING *******

All items that are not listed above will be confiscated.

PROSPECTIVE STUDENTS PLEASE BE ADVISED:

- Students shall not carry or consume medicine (including intra-venous hydration) unless issued by military medical authorities and specifically approved by the SERE screening Medical Official.
- Contact lenses will not be worn during the Field (FTL) or Resistance Training Lab (RTL) phase of training.
- Partial Plates and dentures (removable) will not be worn during the RTL phase of training.
- Any other equipment (i.e. appropriate clothing and survival equipment) required to complete SERE training will be provided.
- Other equipment, commercial or issue, is specifically prohibited. Equipment such as electronic devices, cameras, food, tobacco products, alcoholic beverages, pyrotechnics, firearms, issued survival kits, sleeping bags, air mattresses, and civilian clothing.